

3. A treadmill apparatus including an adjustable motorized endless belt, the apparatus comprising:

means attachable to a treadmill user for generating an electromagnetic signal;

means attached to the treadmill apparatus for receiving the electromagnetic signal and for producing a control signal responsive to the position of the user on the belt; and

means attached to the treadmill apparatus and responsive to the control signal for adjusting the <sup>speed?</sup> endless belt.

4. The apparatus of claim 3 wherein the endless belt is adjustable in slope and the means for adjusting includes means for adjusting the slope of the belt.

5. The apparatus of claim 3 wherein the belt is adjustable in rotational speed and the means for adjusting includes a means for adjusting the speed of the belt.

6. The apparatus of claim 3 wherein the means for generating includes a heart rate monitor.

7. The apparatus of claim 3 wherein the means for receiving includes at least one receiver attached to the treadmill.

8. The apparatus of claim 3 wherein the means for receiving includes a microprocessor.

9. The apparatus of claim 3 wherein the electromagnetic signal includes pulse rate information of the user and wherein the control signal is also responsive to the pulse rate.

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10. A treadmill apparatus including an adjustable motorized endless belt, the apparatus comprising:

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a transmitter attachable to a user for generating an electromagnetic signal;

at least one receiver attached to the treadmill for receiving the signal;

a microprocessor for producing a control signal responsive to the position of the user on the belt; and

an apparatus responsive to the control signal for adjusting the belt.

11. The apparatus of claim 10 wherein the electromagnetic signal includes pulse rate information of the user and the control signal is also responsive to the pulse rate.